



Breakthrough Evidence-Based Therapy for Addiction, Pain, and Emotional Distress

A scalable solution for the opioid epidemic



59%

Reduction in
treatment dropout

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42%

Reduction in
drug relapse

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25%

Reduction in
chronic pain

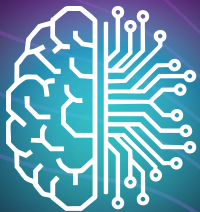
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About MORE™

Mindfulness-Oriented Recovery Enhancement (MORE) is a breakthrough mind-body therapy designed to treat addiction, chronic pain, opioid misuse, and emotional distress without the use of drugs.

Rigorously tested in 16+ clinical trials and funded by \$90M in federal grants, MORE is proven to be **3x as effective as standard therapy.**



Dramatically reduces addiction and substance use

- 50%** reduction in craving
- 59%** reduction in treatment dropout
- 42%** reduction in drug relapse



Clinically significant pain relief

- 30%** reduction in acute pain
- 45%** reduction in post-operative pain
- 59%** success rate in treating chronic pain



Measurable improvements in emotional well-being

- 43%** reduction in anxiety
- 38%** improvement in depression
- 59%** success rate in treating PTSD

Workforce Multiplier for MOUD Retention

Medication for Opioid Use Disorder is one of the most effective tools to treat opioid addiction—yet nearly 50% of patients drop out each year, leading to relapse, hospitalization, preventable loss of life and significant downstream costs.

Treatment systems are facing a critical challenge: too few providers, too many patients, and rising costs of care.

MORE can help. With significant dropout reduction, MORE saves lives and prevents economic losses.

MORE can be delivered in flexible formats to fit real-world care settings including group-based cohorts that increase access to care, integration into existing counseling sessions to minimize disruption, or centralized telehealth hubs that extend access across multi-site systems, including rural and high-need areas.

- ✓ **Retention and Engagement:** Census stability, fewer missed appointments.
- ✓ **Scaleable delivery:** Increase capacity without adding FTEs.
- ✓ **Standardization & fidelity:** Consistent care across clinicians.
- ✓ **Burnout reduction:** Less crisis-driven workload.
- ✓ **Measurement-based care:** Outcomes to report to funders or payers.

Delivered over just 8 weekly sessions, MORE is proven to reduce addiction treatment dropout rates by 59%.

Scaleable MOUD + MORE Example

Goal:

Treat 10,000 patients with MOUD + MORE Therapy
(One year)

10,000 Patients x \$8,000/yr MOUD =
\$80M/yr

50% Dropout

59% Lower
Dropout with
MORE

5,000 Patients x
\$20,000 Dropout Cost*
=**\$100M/yr**

*ER Visits, Hospitalizations,
Criminal Justice*
**Some estimates are
much higher*

x 3 Years
\$300M
Dropout Cost

MORE Therapy
8 Weekly Sessions
2,950 Patients x
\$20,000 Dropout Cost
=**\$41M/yr**
(\$59M/yr Saved)

x 3 Years
\$123M
Dropout Cost

\$177M saved by integrating MORE

10,000 Patient Workforce Training Cost Analysis

250 MORE-Certified Clinicians Treat
40 Patients Per Year

MORE Training $\$895 \times 250$ + Patient App $\$155.88 \times 10,000$
TOTAL YEAR 1 COST = \$1,782,550

Provider Renewal $\$295 \times 250$ + Patient App $\$155.88 \times 10,000$
TOTAL YEAR 2 COST = \$1,633,550
TOTAL YEAR 3 COST = \$1,633,550

**3 YEAR TOTAL COST FOR PROVIDER
TRAINING + PATIENT APP
= \$5,047,650**

**\$5M for durable workforce training with \$177M saved
35:1 cost savings**

Bring MORE to Your Organization

MORE's comprehensive training builds core clinical skills, integrates cutting-edge neuroscience, and prepares participants to deliver evidence-based techniques for addiction, pain, and emotional distress.

MORE's interactive online training platform includes:

- On-demand training to become MORE-Certified
- Professional instructional videos
- Skills-based exercises and group supervision sessions
- Ready-to-use clinical tools and scripts
- Guidance for delivering the full 8-session protocol
- CEUs for training and ongoing education opportunities

Participants will learn the theoretical foundations of the MORE model, review current research evidence, and explore recent advances in neuroscience and biobehavioral science related to mindfulness, addiction, stress, and chronic pain.

Training is delivered in a self-paced format, with interactive check-ins to support engagement and reinforce learning.



Developed by Dr. Eric Garland, PhD, LCSW

Endowed Professor at UCSD, and a nationally recognized expert on mind-body therapies for addiction, emotional suffering, and chronic pain. With more than 280 peer-reviewed publications, **Dr. Garland is the most prolific mindfulness researcher in the world**, pioneering a new era of neuroscience-informed behavioral medicine.

Praise for MORE

"This is an intervention that has demonstrated both during in-person and virtual settings a level of healing that I have not seen in any other treatment approach I have provided."

Trish Dooley Budsock, MA, LPC, Robert Wood Johnson Medical School at Rutgers

"Many report not only relief from physical suffering but also deep emotional healing, enhanced self-awareness, and meaningful recovery. A program evaluation of MORE at Essentia showed statistically significant symptom improvements in my patients."

Nancy Sudak, MD, Chief Well-Being Officer, Essentia Health

"Since being trained, I have used MORE everyday with my clients as well as for myself. I have found it to be one of the most successful tools when working with individuals."

Gabrielle Korpas, LCSW, CADC-III

"MORE has been one of the most meaningful additions to my clinical work. I've seen how it can complement other treatments in profound ways—whether I'm supporting someone through pain management, opioid use recovery, stress, or anxiety."

Ivana Micic, LCSW, Project Reality

"MORE has been a treasure chest full of gems that have been beneficial in my clinical practice and in my own well-being."

Tina Liu Tom, PhD, VA Medical Center

"MORE has profoundly enhanced my work with people facing substance use disorders and chronic pain, giving me practical, evidence-based tools that reliably support healing, growth, and resilience. It has enriched my clients' journeys to wellness and wholeness and deepened my fulfillment as a physician."

Agustin Castellanos, MD

"MORE is unique not only in its ability to reduce craving, substance use, and physical and emotional pain, but also its focus on teaching participants how to reconnect with the natural sources of pleasure and joy in their daily lives."

Anna Parisi, PhD, LCSW, George Mason University

Trusted by healthcare facilities nationwide



Turn Opioid Funding Into Lasting Recovery

The future of opioid care demands solutions that scale and sustain results. MORE turns funding into impact—expanding access, improving outcomes, and addressing the root causes of addiction. Join thousands of clinicians nationwide who are using this science-backed therapy to help patients recover from addiction, manage chronic pain, and improve emotional well-being.

Learn **MORE**
moretherapy.com

